



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09125, Grapefruit juice, white, frozen concentrate, unsweetened, undiluted

Report Date: June 30, 2017 07:04 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.92 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 can (6 fl oz) 207g
Proximates					
Water	g	62.00	--	--	128.34
Energy	kcal	146	--	--	302
Energy	kJ	611	--	--	1265
Protein	g	1.97	3	0.107	4.08
Total lipid (fat)	g	0.48	3	0.048	0.99
Ash	g	0.99	3	0.126	2.05
Carbohydrate, by difference	g	34.56	--	--	71.54
Fiber, total dietary	g	0.4	--	--	0.8
Sugars, total	g	34.16	--	--	70.71
Minerals					
Calcium, Ca	mg	27	3	2.219	56
Iron, Fe	mg	0.49	3	0.210	1.01
Magnesium, Mg	mg	38	3	1.388	79
Phosphorus, P	mg	49	3	0.155	101
Potassium, K	mg	484	3	8.369	1002
Sodium, Na	mg	3	3	0.565	6
Zinc, Zn	mg	0.18	3	0.005	0.37
Copper, Cu	mg	0.118	3	0.024	0.244
Manganese, Mn	mg	0.070	3	0.004	0.145
Selenium, Se	µg	0.3	--	--	0.6
Vitamins					
Vitamin C, total ascorbic acid	mg	119.8	3	0.749	248.0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 can (6 fl oz) 207g
Thiamin	mg	0.145	3	0.010	0.300
Riboflavin	mg	0.078	3	0.003	0.161
Niacin	mg	0.772	3	0.072	1.598
Pantothenic acid	mg	0.672	3	0.016	1.391
Vitamin B-6	mg	0.154	3	0.005	0.319
Folate, total	µg	13	3	3.631	27
Folic acid	µg	0	--	--	0
Folate, food	µg	13	3	3.631	27
Folate, DFE	µg	13	--	--	27
Choline, total	mg	24.5	--	--	50.7
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	2	2	--	4
Retinol	µg	0	--	--	0
Carotene, beta	µg	13	--	--	27
Carotene, alpha	µg	8	--	--	17
Cryptoxanthin, beta	µg	3	--	--	6
Vitamin A, IU	IU	31	2	--	64
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	34	--	--	70
Vitamin E (alpha-tocopherol)	mg	0.14	--	--	0.29
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	0.1	--	--	0.2
Lipids					
Fatty acids, total saturated	g	0.064	--	--	0.132
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.001	--	--	0.002
14:0	g	0.001	--	--	0.002

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 can (6 fl oz) 207g
16:0	g	0.059	--	--	0.122
18:0	g	0.002	--	--	0.004
Fatty acids, total monounsaturated	g	0.063	--	--	0.130
16:1 undifferentiated	g	0.007	--	--	0.014
18:1 undifferentiated	g	0.056	--	--	0.116
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.113	--	--	0.234
18:2 undifferentiated	g	0.089	--	--	0.184
18:3 undifferentiated	g	0.024	--	--	0.050
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0